

Budha Dal Public School, Patiala

First Term Examination (27 August 2024)

Class - XII

Time - 3 hrs.

Subject – Psychology (Set - B)

M.M. – 70

General Instructions-

- All questions are compulsory except where internal choice has been given.
- Answers should be brief and to the point.
- Question No. 1-15 in Section A are objective type questions carrying 1 mark each. You are expected to answer them as directed.
- Question No. 16-21 in Section B are very short answer type-I questions carrying 2 marks each. Answers to each question should not exceed 30 words.
- Question No. 22-24 in Section C are very short answer type-II questions carrying 3 marks each. Answers to each question should not exceed 60 words.
- Question No. 25-28 in Section D are long answer type-I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question No. 29-30 in Section E are long answer type-II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question No. 31-34 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

SECTION A

1. Shikha lost a close friend to COVID-19. Lately she has stopped eating nutritional food, has started smoking cigarettes and taking alcohol. She has difficulty in sleeping. Shikha is showing _____ effects of stress.

- a) Emotional b) Physiological c) Behavioural d) Cognitive

2. _____ is the disorder where people eat large amounts of food with a loss of control over the eating and then trying to get rid of the extra calories in an unhealthy way.

- a) Anorexia nervosa b) Bulimia nervosa c) Alnexia nervosa d) Binge eating

3. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct option.

Assertion (A) Children with Autism Spectrum Disorder experience profound difficulties in relating to other people.

Reason (R) The two main features of ADHD are attention and hyperactivity-impulsivity.

- (a) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A)
(b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
(c) Assertion (A) is true, but Reason (R) is false
(d) Assertion (A) is false, but Reason (R) is true

4. Which among the following are the features of diathesis stress approach?

- I) Some people are at risk to develop the disorder
II) If People who are isolated are likely to become depressed
III) Presence of stressful factors can lead to psychopathology
IV) People may behave in disturbed manner if they are termed deviant

- a) II, III b) I, III c) III, IV d) II, IV

B-1

5. Seema want to become a doctor but due to her less interest in science and less percentage in Class X she was unable to take science stream , now she is working in a call centre, she feels Unhappy and unsatisfied with her present job. Which approach of a personality best suited to Seema's condition?

- a) Ideal self and Real Self b) Self-actualization c) Aims and aspirations d) Neuroticism

6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct option.

Assertion (A): Aptitude refers to an individual's underlying potential for acquiring skills.

Reason (R): Aptitude tests are used to predict what an individual will be able to do if given proper environment and training.

- a) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of A.
b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of A.
c) Assertion (A) is true, but Reason (R) is false.
d) Assertion (A) is false, but Reason (R) is true.

7. The notion of _____ is based on Bandura social learning theory.

8. Simran had to miss online classes for a month due to no connectivity in her native place. Anjali shared her notes with Simran to help her cope. What type of support was rendered by Anjali to Simran?

- a) Informational b) Emotional c) Tangible d) Interpersonal

9. Some societies adopt child rearing practices that foster skills of speed, minimal moves, and mental manipulation, promoting a type of behavior called _____.

- a) integral intelligence b) technological intelligence
c) emotional intelligence d) contextual intelligence

10. It is generally accepted that there is such a thing as general intelligence. So, which of the followings statements is true?

- a) Some people have general intelligence, others have multiple intelligences.
b) The only people who do not have general intelligence are those that have IQs less than 100.
c) General intelligence develops by adulthood
d) General intelligence can be thought of as 'mental energy' that is applied to all tasks that we attempt.

11. _____ are the producers of antibodies.

- a) B-cells b) T-cells c) Natural Killer cells d) All of these

12. Which of the following is/are true about psychological disorders in the middle ages?

- I) Demonology and superstition were used as explanations of psychological disorders.
II) Mental anguish and conflict were considered as reasons for psychological disorders.
III) Disturbed interpersonal relationships were emphasised to explain mental disorders.
IV) There was emphasis on deinstitutionalisation for people with psychological disorders.

- a) Only I is true b) I and II are true c) Only III is true d) II and IV are true

13. Nimisha has been diagnosed with somatic symptom disorder. Which of the following statements are not true for her disorder?

I) A person with persistent body-related symptoms may or may not be related to a serious medical condition.

II) Reports loss of part or all of some basic bodily functions.

III) Rarely visits the doctor and is never concerned about any diagnostic results.

IV) Experiences significant distress and disturbances in one's daily life.

a) I and IV b) II and III c) II and IV d) I and III

14. The notion of contextual intelligence implies that intelligence is a product of

a) Culture b) Gift c) Intelligence d) Performance

15. **Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.**

Assertion (A): Regression takes a person back to an earlier stage of development.

Reason (R): Failure of a child to pass successfully through a stage leads to fixation to that stage.

- a) Both A and R are true, and R is the correct explanation of A
- b) Both A and R are true, but R is not the correct explanation of A
- c) A is true, R is false
- d) A is false, R is true

SECTION B

16. Adil, a young man, shows aggressive actions that threaten or cause harm to people or animals and indulges in serious rule violations. What are these symptoms indicative of? Mention two other types of aggressive behaviour.

17. Describe cognitive assessment system

18. What is the meaning of secondary appraisal .

19. Describe any two features of personality.

20. Explain the concept of stress resistant personality.

21. What are the various approaches used to distinguish between normal and abnormal behaviour?

SECTION C

22. Imran is a forty-year-old male who complains of difficulty in breathing and other body-related symptoms. On being examined, the doctors were unable to find any medical explanation for his reported symptoms. Explain this disorder and discuss its various types.

23. Describe some characteristics of individuals with different levels of intellectual disability.

24. Explain the level of consciousness by Sigmund Freud.

SECTION D

25. Sonam's intelligence tests reveal that she has exceptional general ability. Identify this Variation of intelligence and its characteristics. How can the school help her reach her full Potential?

26. Manas belongs to a family of Chartered Accountants but he himself wants to become a Painter. His family members strongly disapprove of his career choice which makes him unhappy. Using Carl Rogers' theory, describe the influence of these family conditions on Manas' personality.

27. Discuss the risk factors associated with suicides. What are the symptoms that help in identifying students in distress? Examine some ways to foster positive self-esteem in students.

28. Joy a hardworking content editor is not feeling well due to prolonged office hours and immense pressure from the peer coordinators. Due to this he started developing anxiety and exhaustion and fallen seriously ill. Name and explain the psychological condition he is suffering with.

SECTION E

29. Describe the characteristics of indirect techniques that are used to access personality. Describe any two such test.

OR

How do you define personality? What are the main neo-analytic approaches to the study of Personality?

30. Discuss various types of intelligence tests.

OR

Discuss how interplay of Nature and Nurture influences intelligence.

SECTION F

Read the case and answer the questions that follow:

Riya is a young graduate preparing for one of the most reputed competitive exams. She belongs to a very humble social background so has to work at a shop as a store manager also along-with her preparations. Whenever during festive season business flourishes her work load increases a lot including working hours. This interferes with her studies and she gets really stressed resulting in upset stomach and headache.

Q31. Identify the type of stress Riya seems to be suffering. (1)

Q32. Suggest some stress management techniques which might help her deal with stress? (2)

Read the case and answer the questions that follow:

A 28-year-old woman was walking through her local shopping mall when she began to feel intensely anxious. The anxiety was accompanied by sensations of choking, smothering, and a sudden sense that the people and stores around her were unreal. She began to fear that she was going crazy and the more she worried about this the more anxious she became. A guard, seeing that she was in distress, brought her to the mall office where she was able to lie down. A few minutes later the symptoms began to subside. She went home after leaving the mall but she did not tell her husband what happened. A week later she had a similar attack while she was walking down the street. She was able to reach her house where she lay down until the attack ended. In the following three weeks she had two or more attacks. Between attacks she was constantly worried about having another attack. The patient was finally forced to tell her husband about the problem because she was so fearful of not being able to get help if an attack occurred that she would not leave her house alone or travel on public transportation.

31. What are the other disorders that come under the same category as the one mentioned in the case above? (1)

32. Describe the development of this woman's disorder on the basis of diathesis stress model. (2)

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SECTION A

1. Anupam lacks patience, exhibits high motivation, feels burdened with work and always seems to be in a hurry. He needs to take care of himself as such people are prone to ailments like:

- a) Cancer b) Depression c) Coronary Heart Disease d) None of the above

2. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.

Assertion (A): Researchers have found that the relationship between creativity and intelligence is positive.

Reason(R): All creative acts require some minimum ability to acquire knowledge and capacity to comprehend.

- a) Both A and R are true, and R is the correct explanation of A
b) Both A and R are true, but R is not the correct explanation of A
c) A is true, R is false
d) A is false, R is true

3. Frustration is one of the source of _____ stress.

4. Who among the following psychologists have suggested that an intelligent individual not only adapts to the environment, but also actively modifies or shape it?

- I) Gardner II) Sternberg III) Carl Jung IV) Guilford

Choose the correct option.

- a) I and II b) I and III c) II and III d) II and IV

5. Arun is always finding excuses to not work and is arrogant. Due to lack of interest in doing the work on time, he feels helpless. According to Charaksamhita, which triguna does he possess?

- a) Rajas b) Tamas c) Sattva d) Vatta

6. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.

Assertion (A): Regression takes a person back to an earlier stage of development.

Reason (R): Failure of a child to pass successfully through a stage leads to fixation to that stage.

- a) Both A and R are true, and R is the correct explanation of A
- b) Both A and R are true, but R is not the correct explanation of A
- c) A is true, R is false
- d) A is false, R is true

7. Who defined stress as "the nonspecific response of the body to any demand"?

- a) Lazarus b) Hans Selye c) Holmes and Rahe d) None of the above

8. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.

A: "My name is Sanjana". This is an example of personal identity

R: Personal identity refers to those attributes of person that make him/her different from others.

- a) Both A and R are true, and R is the correct explanation of A
- b) Both A and R are true, but R is NOT the correct explanation of A.
- c) A is true but R is false.
- d) d) A is false but R is true

9. Name the behaviour or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.

- a) Time management b) Rational thinking c) Self-care d) Assertiveness

10. Sternberg's experiential intelligence includes:

- a. The ability to learn from future events
- b. The ability to manipulate people's opinions
- c. Creative problem solving
- d. Basic academic skills.

11. A patient in the ward is maintaining an upright posture for hours and refuses to respond. Identify the kind of symptom.

- a) Catatonic Rigidity b) Catatonic Stupor c) Catatonic Posturing d) None of the above

12. Which movement is given credit for the growth of a scientific attitude towards psychological disorders in the eighteenth century?

- a) Psychological Movement b) Reform Movement
- c) Infrastructural Development d) Industrial Development

13. Siddhartha is just 7 years old but he has extremely good hand writing and his teachers told his parents in PTM that there is good chance that Siddhartha shall become a good writer in future. What sort of trait is demonstrated by Siddhartha here?

- a) Aptitude b) Personality c) Attitude d) Intelligence

14. Inattention and hyperactivity-impulsivity are main features of:
- a) Attention-Deficit Hyperactivity Disorder
 - b) Oppositional Defiant Disorder
 - c) Conduct Disorder
 - d) None of the above

15. The word diathesis refers to

- a) Maintaining factor
- b) Predisposition
- c) Genetic Factor
- d) Environment

SECTION B

16. Define the term Buddhi.

17. What are the various approaches used to distinguish between normal and abnormal behaviour?

18. Explain the concept of stress resistant personality.

19. What is the meaning of primary appraisal .

20. Name Big five factors of personality.

21. Samyak, a young man, shows aggressive actions that threaten or cause harm to people or animals and indulges in serious rule violations. What are these symptoms indicative of? Mention two other types of aggressive behaviour.

SECTION C

22. Richa is a young girl working as an officer in an organisation. One day she just disappeared from the city and after two years she was found on the banks of a river. Nobody there knew who she was and where she wanted to know how she had reached the banks of the river. Explain this disorder and list the other disorders in the same category.

23. Why modern thinkers and psychologists give utmost importance to Emotional Quotient? Mention some of its attributes.

24. Explain the structure of personality by Sigmund Freud

SECTION D

25. What are the characteristics of neurodevelopmental disorders? Describe any two neurodevelopmental disorders.

26. The cultural environment provides a context for intelligence to develop. How does the role of culture influence our understanding of intelligence? Explain

27. Sankalp working as a Product Manager has endless tasks to accomplish by day end. Being into the senior post he never hesitates to come forward and finish off the tasks by his own. However, it was found that Sankalp is suffering from a great amount of stress. What are the various Stress Management Techniques he can opt for?

28. What is the main proposition of humanistic approach to personality? What did Carl Rogers mean by fully functioning person?

SECTION E

29. Discuss various types of intelligence tests.

OR

Discuss how interplay of Nature and Nurture influences intelligence.

30. Explain any 2 direct techniques that are used to assess personality. Describe any two problems of such test.

OR

How do you define personality? What are the main neo-analytic approaches to the study of Personality?

SECTION F

Read the following case study and answer the questions that follow :

Sundar, a college going 20-year-old male, has moved from his home town to live in a big city. He has continuous fear of insecurity and feels that the enemy soldiers are following him. He gets very tense when he spots anyone in a uniform and feels that they are coming to catch him. This intense anxiety is interfering with his work and relationship, and his friends are extremely concerned as it does not make any sense to them. Sundar occasionally laughs abruptly and inappropriately, and sometimes stops speaking mid-sentence, scanning off in the distance as though he sees or hears something. He expresses concern about television and radio in the room potentially being monitored by the enemies. His beliefs are fixed and if they are challenged, his tone becomes hostile.

31. Based on the symptoms being exhibited, identify the disorder. Explain the other symptoms that can be seen in this disorder.

(1)

32. Define delusion and inappropriate affect. Support it with the symptoms given in the above case study.

(2)

Read the following passage and answer question numbers 33 and 34.

Arunima Sinha is a true inspiration, having overcome incredible odds to become the first Female amputee to climb Mount Everest. Her journey to the top of the world's highest Peak is a story of courage, perseverance, and an unbreakable spirit. A former national-level volleyball player, Arunima lost one of her legs in a tragic train accident. Instead of giving up, she decided to pursue mountaineering, a passion she had always had. She trained hard for two years, enduring countless hardships, and finally Achieved her dream of climbing Mount Everest in 2013. Arunima's inspiring story doesn't end there. Since then, she has gone on to climb six of the world's highest peaks, becoming an inspiration to people all over the world. Arunima's story is a powerful reminder that no obstacle is too great to overcome. Her Determination and resilience in the face of adversity are an inspiration to us all, and her commitment to helping others is a testament to her character and strength. Her legacy will continue to inspire people for generations to come.

33. 'Her journey to the top of the world's highest peak is a story of courage, perseverance, and an unbreakable spirit'. According to Kobasa, which personality trait is being referred to Here?

(1)

34. Explain any two stress buffers that have helped Arunima in the face of adversity.

(2)